



2008-2009 REGISTRATION PACKET

Chinook Aquatic Club has been training young people in healthy athletic competition since 1976. We take pride in the accomplishments of all our swimmers, some who have gone on to win National and Olympic championships. We see the swimming experience as one which provides important life skills to all our members, regardless of age or ability. Goal-setting, persistence, self-discipline and positive thinking are some of the attributes our swimmers take with them into all aspects of their lives. Chinook training groups are organized by ability level so that swimmers develop skills at their own pace. Swim meets are organized throughout the year for ability levels, so that even novices can participate in the competitive experience. Chinook Aquatic Club is a member of United States Swimming, the governing body of competitive swimming.

Joining the Chinook coaching staff this year as Head Coach is Kevin O'Shea. Kevin's coaching career spans three decades working with swimmers at all levels including NCAA Division I, USA, YMCA, High School, and Summer League. As head coach of the Boise YMCA Swim Team and the Bellevue Eastside Swim Team, he developed National and Junior National level swimmers and placed swimmers on United States National teams. His teams placed in the Top Ten at both the Region 12 Senior Championships and the National YMCA Championships. Kevin was selected to be a member of the coaching staff for the 1987 USOC Olympic Festival and the 1990 USA Swimming Select Camp at the Olympic Training Center in Colorado Springs. Kevin received the American Swimming Coaches Association Award of Excellence in 1982, 1985, and 1989. Kevin will work primarily with the Senior and High School Groups.

Head Age Group coach, Grace Wong, joined the Chinook staff in 1997, and has coached primarily the Sectional and Blue groups. Grace has developed Sectional and Zone level swimmers and was on the coaching staff for two PNS All-Star teams. Chinook is fortunate to have a full complement of experienced Age Group coaches. The coaches' hard work and dedication over the years have strengthened and developed the age group program. The coaches continually produce top 25 swimmers in PNS, and make swimming fun, challenging, and rewarding for their athletes. Working with Kevin and Grace for the 2008-2009 season are returning coaches Jeremiah Job, Jane Rixe, Jenn Machtolf, Paige Goodhew, and LeAnne McClaskey.

We take pride in our program and have confidence that you will too! Welcome to Chinook!

chinookswimming@hotmail.com
www.chinookaquaticclub.org
206.230.5812

FORMS ARE DUE BY FRIDAY, SEPTEMBER 5, 2008

PLEASE MAIL BACK TO:
CHINOOK AQUATIC CLUB
PO BOX 5613
BELLEVUE WASHINGTON 98006



August 20, 2008

Dear Friends:

We are inviting you to be part of another great year of Chinook swimming. The 2008/2009 Chinook swim season begins Monday, September 15 for the Senior and Pre-Senior swimmers and Monday, September 22 for all other swimmers. We are truly excited to start another year.

Today we are sending you the material you need to be part of the upcoming 2008/2009 season. **We are encouraging families to register by September 5, 2008. All athletes registered by September 5 are eligible for our FREE team suit and a FREE Chinook team T-shirt.** Early registration also ensures your swimmer's place on the team.

The following 2008/2009 material is enclosed for you and your family to fill out (The * forms need to be returned with the first payment by September 5, 2008):

- Registration Form *
- Medical Information and Release Form *
- Volunteer Form *
- Chinook Code of Conduct
- Projected 2008 –2009 Meet Schedule

Please check our website, www.chinookaquaticclub.org, and print out the Team Apparel Order Form * available late August. Print it out and return it with your Registration Form, Medical Information and Release Form, and your Volunteer Form.

We encourage your early registration to be eligible for the above great benefits. We have made some changes in the fees for 2008/2009. The fees are now separated into training fees, meet entry fees, and registration fees. The training fees have increased from last year to cover Chinook's increasing cost of rental pool space. Our pool rental expenses increased by approximately 10% last season and we anticipate an additional increase this season. We are exploring ideas for reducing pool rental expenses but we can't avoid a significant increase in expenses. Also, Pacific Northwest Swimming has raised the fees for meet entries next year, so we have assessed a separate meet entry fee based on the workout group.

If you have questions or need additional information you can contact us via the Chinook website at [**www.chinookaquaticclub.org**](http://www.chinookaquaticclub.org) and we'll be happy to respond.

Thank you for being part of the Chinook family. We can't wait to start another wonderful season of growth, fun, and fast times!

All the best,
Steve Preston
Chinook Board President

Kevin O'Shea
Head Senior Coach

Chinook Aquatic Club Registration Form 2008-2009 Season

Swimmer:

Last Name			Legal First Name			Middle Name			
Date of Birth		Sex	Age	Grade	Preferred First Name			US Citizen	
Mo	Day	Yr	<input type="checkbox"/> Male <input type="checkbox"/> Female					<input type="checkbox"/> Yes <input type="checkbox"/> No	
Mailing Address					City	State	Zip	Dual Citizen	
Swimmer's E-mail Address					Club Code C			<input type="checkbox"/> Yes <input type="checkbox"/> No	
Phone ()			Previous USS Swim Club (if any)			Date of Last Meet			
Ethnicity (optional) <input type="checkbox"/> African American <input type="checkbox"/> Asian or Pacific Islander <input type="checkbox"/> Caucasian <input type="checkbox"/> Hispanic <input type="checkbox"/> Native American			<input type="checkbox"/> Other <input type="checkbox"/> Decline			Other Swimming Affiliations <input type="checkbox"/> Junior High School <input type="checkbox"/> Senior High School <input type="checkbox"/> YMCA/YWCA <input type="checkbox"/> College <input type="checkbox"/> Summer Swim League		<input type="checkbox"/> Masters <input type="checkbox"/> Disabled Sports <input type="checkbox"/> Water Polo <input type="checkbox"/> None	Disability <input type="checkbox"/> Blind <input type="checkbox"/> Deaf <input type="checkbox"/> Physical <input type="checkbox"/> Cognitive

Parents:

Father's Name		Work Phone ()
Mother's Name		Work Phone ()
Parents' E-mail Address		

Chinook Aquatic Club

Registration Form

2008-2009 Season

Fee Agreement

The annual group training fee covers USS registration and training. Monthly group registration payment includes first month training fee and \$75 for USS registration. Participation in our annual swim-a-thon is required.

Please check the workout group assigned to you		Annual Training fee	Annual Meet fees	Total Annual fees	Deposit due upon registration	Amount Enclosed
<input type="checkbox"/> Senior	\$	2,470.00	225.00	2,695.00	250.00	
<input type="checkbox"/> Sectional	\$	2,130.00	180.00	2,310.00	250.00	
<input type="checkbox"/> Blue	\$	1,870.00	160.00	2,030.00	250.00	
<input type="checkbox"/> White	\$	1,650.00	160.00	1,810.00	250.00	
Family Maximum	\$	4,120.00	385.00	4,505.00	250.00	
Monthly						
		Training fee	Monthly Meet fees	Total Monthly fees	Payment due upon registration	
<input type="checkbox"/> Red	\$	98.00	10.00	108.00	183.00	
<input type="checkbox"/> Pre-Senior	\$	180.00	25.00	205.00	280.00	

***For swimmers who are competing with a high school swim team:** if the swimmer cannot swim with Chinook during their high school swim season and their Chinook workout group requires an annual fee commitment, the swimmer can ask for a 20 percent reduction in their annual fee. This fee adjustment only applies to high-school swimming. The adjustment does not apply to any other sports or activities. This fee adjustment does not apply to monthly rate workout groups. If a swimmer chooses to participate in both Chinook and her/his high school program, then the regular fees will apply.

****The Non-Participation Fee** applies to families unable to volunteer to help run Chinook hosted meets – Pentathlon in Nov 2008, March Challenge in March 2009, and the Age Group Seattle Open in July 2009. Volunteer hours will be tracked and the fee assessed if the commitment is not fulfilled and the fee was not initially paid. The volunteer requirement is lower for families with only Red Group or Pre-Senior swimmers. See the volunteer form for details.

Families with only Red or Pre-senior swimmers.	\$	200.00
All other families	\$	400.00

**** Fundraising fee.** All swimmers in the Senior, Sectional, Blue, and White groups must participate in the annual Swim-a-thon fundraiser. Also, Pre-Senior or Red group swimmers who swim for at six months or longer must participate in the Swim-a-thon. Alternatively you can pay the \$200 fundraising fee if you will not participate in the Swim-a-thon. \$ 200.00

Total Enclosed _____

I have read Chinook's financial policies and agree to the payment of the fees for the 2008-2009 season. I understand that all base fees (except Red and Pre-Senior) are a full season commitment.

X _____

Signature of Parent or Guardian Date

IMPORTANT: Completed Registration, Medical Consent, and Volunteer Pledge Forms accompanied with your initial payment must be submitted before the swimmer will be allowed in the water at their first workout.

Chinook Aquatic Club

Consent to medical care and treatment

Only a parent or legal guardian may give this authorization

If your child needs emergency treatment and is under the age of 18, hospitals are required by law to reach you for authorization to medically treat your child, except in the case of truly life threatening problems.

If you are not available to sign the consent, and all attempts have been made to reach you and you cannot be reached within a reasonable period of time, you can insure emergency treatment for your child by using this CONSENT TO MEDICAL CARE AND TREATMENT form.

I _____, hereby authorize all diagnostic, medical, surgical, and hospital
(Print name of parent or legal guardian)
procedures as may be performed or prescribed by a treating physician for _____
(Print full legal name of swimmer)
if I cannot be reached in case of any emergency.

X _____ (Signature of parent or legal guardian) _____ (Date Signed)

Please complete the following information:

Swimmer's Address: _____

Swimmer's Home Phone #: _____

Parent's Home Phone #: _____
Father's Home # _____ Mother's Home # _____

Parent's Names: _____
Father's Name _____ Mother's Name _____

Parent's Work Phone #: _____
Father's Work # _____ Mother's Work # _____

Parent's Cell Phone #s _____
Father's Cell # _____ Mother's Cell # _____

Email address of swimmer: _____

Email address of Mother: _____

Email address of Father: _____

Emergency Contact:
(Name, Relation to Swimmer, and Phone #) _____

**PLEASE COMPLETE THE HEALTH HISTORY
INFORMATION ON THE BACK OF THIS SHEET**

**Important: THIS FORM MUST BE COMPLETED AND GIVEN TO THE COACH BEFORE THE SWIMMER
MAY ENTER THE WATER. NO EXCEPTIONS!**

This information is kept by your swimmer's coach at the pool where they are swimming and taken to swim meets. You are not required to fill out the health history but Chinook recommends you complete it in case your child does need emergency medical attention and you cannot be reached. It is also very helpful that your child's coach knows of any medical problem that may affect your swimmer so he/she is better informed in case an emergency does arise.

Swimmer's Full Legal Name: _____

Birth Date: _____ Sex: Male _____ Female _____

Medical Coverage: Name of Insurance Company: _____

Insurance Company Phone #: _____

Subscriber's Full Name – Person with the coverage: _____

Subscriber's Social Security #: _____ Subscriber's Employer: _____

Insurance Plan Name: _____

Name of Physician: _____ Physician's Phone #: _____

Directions: Please CIRCLE the appropriate answer – YES or NO and COMPLETE COMMENTS if needed

- | | | |
|-----|----|--|
| Yes | No | Is your child currently under the care of a physician? Reason: _____ |
| Yes | No | Is your child's immunization current? |
| Yes | No | Is their Tetanus Vaccination current? Date of last Booster: _____ |
| Yes | No | Has your child ever had problems with Heat? (stroke, exhaustion, etc.) |
| Yes | No | Do they have frequent Nausea or Vomiting? |
| Yes | No | Do they have Hemophilia or a Bleeding Disorder? |
| Yes | No | Do they have Diabetes? |
| Yes | No | Do they have Anemia? |
| Yes | No | Have they ever had Rheumatic or Scarlet Fever? |
| Yes | No | Have they ever been told they have a Heart Murmur? |
| Yes | No | Do they have any Heart Problems? If Yes, please explain: _____ |
| Yes | No | Do they have High Blood Pressure? |
| Yes | No | Do they have any Kidney or Liver Disease? If Yes, please explain: _____ |
| Yes | No | Do they or have they ever had Tuberculosis? If Yes, when: _____ |
| Yes | No | Have they ever had a Tumor, Growth, or Cancer? If Yes, please explain: _____ |
| Yes | No | Do they have Asthma? Please comment: _____ |
| Yes | No | Have they ever had Hepatitis? Please list type of hepatitis: _____ |
| Yes | No | Do they have HIV or Aids? |
| Yes | No | Have they ever had a Stroke? |
| Yes | No | Do they have Occasional Dizziness? |
| Yes | No | Do they ever Faint? |
| Yes | No | Have they ever had Seizures or Epilepsy? |
| Yes | No | Do they have any Artificial Joints or Pins or Screws in any of their bones? If Yes, please explain: _____ |
| Yes | No | Have they ever been told they need to be PRE-MEDICATED for any Invasive Treatment? |
| Yes | No | Do they have any Food Allergies? Please list and explain allergic reaction(s) _____
_____ |
| Yes | No | Have they ever been Stung by any type of Bee? |
| Yes | No | Have they ever had an Allergic Reaction to a Bee Sting? If Yes, please explain: _____ |
| Yes | No | Are they Allergic to any Medications such as penicillin, sulfur drugs, pain killers, etc?
Please list allergies to medications: _____ |
| Yes | No | Are they taking any Medications? Please list: _____
_____ |

Is there any information an attending physician should know if he/she are treating your child on an emergency basis without your presence?

Chinook Aquatic Club

Financial Obligation and Policies

2008-2009

New Swimmers

- New swimmers that have not been on Chinook in a previous season can participate in workouts for 2 weeks as a trial period.
- The initial check for the fee due at registration will be held until the end of the trial period. If the swimmer elects not to continue, the check will be returned and there is no financial obligation. If the swimmer does continue, fees apply from the day that the swimmer first started.
- Fees for new swimmers joining in mid-season will be prorated based on a 10-month training season of October 2008 through July 2009.

All Swimmers

- Fee schedule:

Workout Group	Training fees	Meet Fees	USS Registration
Senior	\$2,470 annually	\$225 annually	
Sectional	\$2,130 annually	\$180 annually	
Blue	\$1,870 annually	\$160 annually	
White	\$1,650 annually	\$160 annually	
Red	\$98 monthly	\$10 monthly	\$75 annually
High School / Pre-Senior	\$180 monthly	\$25 monthly	\$75 annually
Family maximum	\$4,120 annually	\$385 annually	

- All groups (except Red and Pre-Senior) require a financial commitment for the full 2007-2008 season.
- Fees for all groups (except Red and Pre-Senior that are on a month-to-month basis) are due as an initial \$250 registration then the remainder in 4 equal installments – at 11/10/08, 12/10/08, 2/10/09, and 3/10/09.
- No discount for early payment of fees.
- For swimmers who are competing with a high school swim team: If the swimmer cannot swim with Chinook during their high school swim season and their Chinook workout group requires an annual fee commitment, the swimmer can ask for a 20 percent reduction in their annual fee. This fee adjustment only applies to high-school swimming. The adjustment does not apply to any other sports or activities. This fee adjustment does not apply to monthly rate workout groups. If a swimmer chooses to participate in both Chinook and her/his high school program, then the regular fees will apply.
- A late fee of \$20 will be assessed for each installment that is not paid within a 10-day grace period of the respective due date.
- Statements are mailed each month for accounts with a balance over \$10.00.
- No credit or refunds given for missed workouts or portion of the season missed due to quitting the club before the end of the season, injury, or participation in other sports.
- Team apparel such as sweats, deck coats, and duffel bags/backpacks may be purchased at additional cost to the swimmer.
- An additional non-participation fee will be assessed to families unable to volunteer to help run Chinook-hosted meets. See the Volunteer form for details on volunteer requirements for each group.
- Participation in the annual Swim-a-thon is required or a fundraising fee of \$200.00 per family.

Parents – Please retain these policies for your records

Chinook Aquatic Club

2008-2009 Season

Volunteer Sign-Up Requirements

Chinook Aquatic Club has a reputation of strong volunteer commitment. Our club runs three swim meets each year and we are known for excellent meet operations. It is your contribution as volunteers that provide all of our kids an opportunity to compete in swimming.

In the upcoming 2008 – 2009 swim season, the volunteer requirement for Chinook families is changing slightly. All families are asked to contribute by volunteering their time to help Chinook run swim meets during the year. The volunteer requirement varies according to the group in which your swimmer(s) train. However, all families must either meet the volunteer requirement or pay a “non-participation fee”. A family may choose to pay the non-participation fee at the beginning of the season if they know they will not be able to meet the volunteer requirement.

Families with one or more swimmers in the Senior, Sectional, Blue, or White group must meet the following volunteer requirements or pay a \$400 non-participation fee.

- Volunteer for one session at the Chinook Pentathlon in November 2008.
- And volunteer for two sessions at the March 2009 Chinook challenge meet.
- And volunteer for three sessions at the July 2009 Age Group Seattle Open.

Families with one or more swimmers in the Red or Pre-senior (high school) groups, and no swimmers in the other groups, must meet the following volunteer requirements or pay a \$200 non-participation fee.

- Volunteer for one session at one of the three Chinook meets: November 2008 Pentathlon; March 2009 Chinook challenge; or July 2009 Age Group Seattle Open.

* Each family must fulfill their volunteer requirements even if they have no swimmers at these Chinook hosted meets.

* For each session required at the Pentathlon and March Challenge that are missed, the session can be made up at Seattle Open by working the appropriate number of additional sessions.

* A “session” begins at the time of warm-up and generally ends with the last heat of the last event of that session. A session does not end when your child is done swimming.

* Chinook will track the volunteer times at each meet. Please make sure you sign in at the meet when you arrive to volunteer. Otherwise you may receive a billing for the non-participation fee at the end of the season.

As part of your child’s registration packet, please fill out and return both pages of this form. Questions or concerns about volunteer requirements should be addressed to Steve Preston at 425 688-9965 or email at stevepr@acm.org.

PLEASE PRINT LEGIBLY

PARENT(S) NAME(S): _____

Swimmer(s):

Name: _____ **Age:** _____ **Male / Female**

Name: _____ **Age:** _____ **Male / Female**

Name: _____ **Age:** _____ **Male / Female**

Name: _____ **Age:** _____ **Male / Female**

Phone Number: _____

Email: _____

_____: **I will NOT** be volunteering as required on the flip side. Enclosed is my check for the non-volunteer fee.

_____: **I WILL** be fulfilling the volunteer requirement discussed on flip side. A list of volunteer opportunities will come out as Chinook hosted meets get closer.

Finally, the club is in need of volunteers that can do special skills at the meets. Chinook is in need of individuals that can take a lead role in the following areas:

_____ Computer

_____ Stroke & Turn Officials – **Chinook is in need of new stroke & turn officials. Please consider taking this class.** If you have any questions about officiating, please contact Steve Anderson at 425.641.6980.

_____ Head up concessions. Position helps out with the organizing of the concession stand and hospitality room.



Chinook Aquatic Club **Swimmer Code of Conduct**

Philosophy

The purpose of this conduct policy is to insure that every swimmer is provided an environment that allows them the opportunity to reach their individual goals.

- A swimmer's conduct at practices and swim meets should support every other swimmer's ability to learn and the coach's ability to teach other swimmers.
- Each swimmer should be committed to striving for their own goals and for the good of the team.

Conduct Expected of All Swimmers

- Chinook swimmers are expected to remember that at practice, during swim meets and in public they are representing Chinook Aquatic Club. They should represent Chinook with excellence, team spirit, good sportsmanship, and politeness.
- Chinook swimmers are expected at all times to follow the directions of any member of the coaching staff and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Chinook swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by US Swimming or FINA.
- Chinook swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline.
- Chinook swimmers are expected to respect and care for the property of others. Vandalism, intentional damage to property or theft of property will not be tolerated.
- Swimmers may leave practice or swim meets early only with the coach's permission.
- Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.

Basic Responsibilities

- Swim for the fun of it, not just to please your parents or coach.
- Swimmers should be punctual for all practices and meets. Pool time is very valuable.
- Swimmers should plan on attending all meets unless they have made special arrangements with their coach.
- Swimmers are expected to wear Chinook swim suits and team caps at meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.
- Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.
- Focus on every drill and every set. Be committed to putting forth your best effort everyday. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
- The coach is there to help you. You are expected to pay attention and follow all of the coach's instructions completely and exactly. If any clarification is needed, inquire politely.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.



Chinook Aquatic Club

Parent Code of Conduct

The Chinook Aquatic Club is fortunate to have highly experienced, professional coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation with Chinook ends.

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Board of Directors oversees the direction of the staff.

Conduct Expected of All Parents

- Set the right example for our children by showing respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Demonstrate good sportsmanship during all practices, competitions and team activities.
- Be an active participant in all fundraising events and other team activities and encourage and support your child by permitting them to be timely for practices and competitions.
- Recognize that Chinook coaches are professionals and allow them to coach your child without interference during workouts and meets, including not being present on deck during practice or competitions unless you are working at the meet.
- If you have concerns, you will address it with the appropriate coach in private.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

Basic Responsibilities

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
- See that your swimmer is on time for practice and arrives on time for meet warm-ups.
- Maintain self-control at all times.
- Know your role. Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents – Parent
- Call or meet with coaches during normal business hours before or after practice/meets to discuss issues.
- Do not coach your child at practice or during meets, that is the coach's job.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets.
- Trust and support your swimmer's and coach's decisions around goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Any questions about disqualifications, judging, etc should be directed to your swimmer's coach.
- Get involved....be an official, work on the board, help plan a fundraiser, be a membership chair, help plan a group social. Find something you enjoy!
- Share the burden among parents by volunteering to help at our club-hosted meets, and be a timer at 'away' meets.
- Pay your fees on time.



Chinook Aquatic Club

Coach Code of Conduct

Conduct Expected of All Coaches

- Abide by the rules and regulations of US Swimming and FINA and follow procedures for enforcement of the Chinook Aquatic Club codes of conduct.
- Maintain professional standing in an honest manner and preserve the reputation of Chinook and the US Swimming coaching profession
 - Be professional and accept responsibility for all actions
 - Extend professional courtesy to other coaches, athletes and their parents by keeping all parties informed in matters of athletes entering/leaving training programs
- Make decisions based upon the best interest of the swimmer's sports, education and vocational careers
 - Acknowledge the individual talents and potential of swimmers
 - Set appropriate training programs based upon the developmental level of the swimmer
 - Maintain a balanced emphasis of swimming involvement with educational and career objectives
- Direct all observations and recommendations regarding all aspects of swimming to the appropriate persons
 - Be constructive in criticisms and direct comments, observations to the relevant individuals or organizations
 - Respect the efforts of appointed and elected representatives of Chinook and US Swimming
- Reject the use of performance enhancing drugs in swimming and abide by the guidelines set forth by national and international regulatory bodies
 - Respect the health and dignity of swimmers to compete on the basis of their abilities
- Exercise a standard of care consistent with the professional qualifications as a swimming coach
 - Refrain from any form of sexual harassment toward athletes and colleagues
 - Show concern for the health, safety, and welfare of athletes and colleagues
 - Keep all relevant qualifications up to date
- Respect the right, dignity and worth of every human being with the context of the coach's involvement in swimming
 - Refrain from any discriminatory practices on the basis of gender, race, religion, ethnic background, or special ability/disability

Basic Responsibilities

- Coaches are responsible for placing swimmers in the appropriate practice groups. This is based on the age, level of commitment and ability level of each individual.
- Coaches have sole responsibility for stroke instruction and the training regimen. Each groups' practices are to be based on sound scientific principles and geared to the specific goals of that group.
- Direct comments at the performance rather than the person. Refrain from public criticism of swimmers or fellow coaches.
- Refrain from the use of profane, insulting, harassing or otherwise offensive language while coaching
- Cooperate with registered medical practitioners in the overall management of swimmers' medical and psychological problems. Consider the swimmer's future health and well-being foremost.
- Recognize and accept when to refer swimmer to other coaches or sport specialists.
- Regularly seek ways of increasing professional development and self-awareness.
- Treat members of other teams and officials with respect and encourage swimmers to act accordingly.
- Cooperate with the swimmer's parents or legal guardians, involving them in their child's development.
- Be aware of the academic pressures placed on student athletes and conduct practices and meets in a manner so as to allow academic success.
- At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will provide feedback regarding the swimmer's performance.
- Coaches will discourage the use of drugs, alcohol and tobacco products by swimmers in conjunction with the sport.

**Chinook Aquatic Club
2008-2009
Meet Schedule (DRAFT)**

Date	Meet	Location	Level
October 18-20, 2008	October Challenge	Hazen HS (Renton)	R, W, B, Sect
November 1-2, 2008	Salmon Bay Fall Senior Meet	Helene Madison	HS, Sr
November 2, 2008	Chinook Pentathlon	Mary Wayte	R, W, B, Sect
November 16, 2008	Distance Meet	Kamiak HS (Mukilteo)	Sect, HS, Sr
November 22-23, 2008	Age Group Invitational	Mt. Tahoma (Tacoma)	W, B, Sect (QT)
December 4-6, 2008	Husky Invitational	KCAC	HS, Sr (QT)
December 6, 2008	Fall Grand Pentathlon	Puyallup HS	R, W, B, Sect
December 12-14, 2008	PNS 14&under Championships	KCAC	14&unders (QT)
December 18-21, 2008	PNS Champs - Seniors	KCAC	15&overs (QT)
December 20, 2008	Red White & Blue Classic	Mary Wayte	R, W, B
January 17-18, 2009	January Challenge	Helene Madison	R, W, B, Sect
January 22-25, 2009	Washington Open	KCAC	Sr (QT)
February 7-8, 2009	February Challenge	Evergreen (Olympia)	R, W, B, Sect
February 22, 2009	1000/1650	Juanita (Kirkland)	Sect, HS, Sr
February 28-March 1, 2009	Age Group Invitational	Foss HS (Tacoma)	W, B, Sect (QT)
March 14-15, 2009	March Challenge	Mary Wayte	All
March 21, 2009	Spring Grand Pentathlon	TBD	R, W, B, Sect
March 27-29, 2009	Age Group Sectionals	KCAC	B, Sect, HS, Sr (QT)
March 22, 2008	Spring Grand Pentathlon	Evergreen (Olympia)	R, W, B, Sect
April 18, 2009	Pyramid Pentathlon	Juanita	R, W, B
May 2-3, 2009	May Flowers	KCAC	HS, Sr
May 30-31, 2008	Port Orchard Team Classic	Port Orchard	R, W, B, Sect
June 25-27, 2009	Senior Seattle Open	Colman Pool	HS, Senior (QT)
June 27-28, 2008	Titlow Classic	Titlow (Tacoma)	R, W, B, Sect
July 10-13, 2009	Seattle Age Group Open	Colman Pool	W, B, Sect, Sr (QT)
July 20, 2009	Red White & Blue Summer Classic	Newport Hills	R, W, B, Sect
July 23-26, 2009	PNS LC Championship	KCAC	B, Sect, Sr (QT)

R - Red; W - White; B - Blue; Sect - Sectional; HS - High School; Sr - Senior
QT - qualifying times

***** The Chinook whole-team travel meet is currently TBD*****